



Kinesiology FAQs

What happens in a Kinesiology Session?

During your Kinesiology session we will communicate at a deep level with your body.

Some call this the sub-conscious, others, the body's own feedback system. I like to think of it as your body's healing intelligence. Intelligence at this level knows exactly how your body wants to heal and the order it would like any symptoms you are experiencing to heal in.

We work with more than symptoms, using Kinesiology muscle testing we go deeper to understand the imbalances in your body and promote healing at a root cause level. We look at your whole body, the physical, emotional, mental, spiritual, energetic and structural aspects you are made up of.

It is a different kind of conversation to that of conventional healthcare and as a result has the power to bring real and lasting shifts.

How long does a session last?

At the start your Kinesiology sessions will last around 90 minutes. As your body begins to heal and maintain more vitality, sessions often reduce to 60 minutes.

How many sessions will I need to have?

Your first session will often give an indication on how many sessions you may need to reach your health goal. Kinesiology offers the benefit of muscle testing, taking the guesswork out as we can muscle test whether your body would benefit from a further session (I do not assume Kinesiology is the only healing modality on your healing journey), and when the optimum time for that session is, which I do for all my clients at the end of each session.

What should I wear?

Some movement is required in your session and although you do not need to wear a specific type of clothing, it is a good idea to wear clothes that allow you to comfortably move your arms and legs in.

Do I need to bring anything with me?

It would be of benefit to bring any medication or supplements you are currently taking. I have a wide range of test kits and before your appointment we can discuss whether it would be useful to bring additional items.

Is Kinesiology suitable for children?

Kinesiology is great for children; often they experience it as a fascinating game, where they are able to communicate with their body. How this happens really fires their imaginations.

Depending on the child's age we either work directly on their body or through a surrogate body, usually a parent or carer. We can discuss the details of how the session will work to meet the needs of your child, ahead of the appointment.

How will I feel after a Kinesiology session?

Often people report feeling fantastic after their session, and for others, the positive shifts can take a little longer. As there is an integration period following the session, initially you may feel a little tired or dazed as your body adjusts. These feelings are temporary, and healing can take time, especially if your body has been out of balance for some time.

Will you recommend supplements to support my healing?

My approach to supplements is less is more. Every supplement that you take is communication to your body, which it will need to process. With that in mind, I only recommend supplements from a small list of highly reputable companies that offer the highest quality of ingredients.

Your body will communicate very specifically what it needs and my job is to interpret that clearly for you.